

Thinking about becoming pregnant?

A healthy child begins before birth.

Community Resources

Baby Your Baby

800-826-9662 www.babyyourbaby.org
Covers medical costs during pregnancy for eligible moms.

Health Resource Line

888-222-2542 www.health.utah.gov
Improves quality of life for people at risk for or affected by asthma, arthritis or diabetes.

Immunization Program

800-275-0659 www.immunize-utah.org
Reduces illness, disability, and death from preventable infections.

Pregnancy Risk Line

800-822-2229 www.pregnancyriskline.org
Answers questions about medicines and other exposures during pregnancy and breast-feeding.

Utah Birth Defect Network

866-818-7096 www.health.utah.gov/birthdefect
A source for information on birth defects and prevention strategies.

Reproductive Health

www.health.utah.gov/rhp
Educates communities about reproductive health issues.

Tobacco Prevention and Control Program

888-567-TRUTH (8788) www.utahquitnet.com
Prevents youth from starting to use tobacco and helps tobacco users quit.

211 Information & Referral Center

www.informationandreferral.org
Provides information about resources on more than 2400 community programs.

Substance Abuse & Mental Health

801-538-3939 www.dsamh.utah.gov
Ensures the availability of prevention and treatment programs.
To find a treatment provider in your area go to:
www.hsdas.state.ut.us/locationsmap.htm

March of Dimes Utah Chapter

877-881-9255 www.marchofdimes.com
Educates on the prevention of birth defects, premature birth and infant mortality.



A healthy child begins before birth.

United States health officials report that one-half of all pregnancies are not planned and suggest women between 15 and 44 years of age take steps to stay healthy before becoming pregnant.

Here's How

- Take a Multivitamin with 400 Micrograms of Folic Acid. You can reduce your chance (by more than 50%) of having a baby with a birth defect of the brain or spinal cord by taking a multivitamin with 400 micrograms of folic acid every day.
- Get Regular Exercise: Walking is a good and low-cost way to exercise. Check with your health care provider before starting any new exercise program.
- Maintain a Good Diet: Eat lots of whole grains, fruits and vegetables, and fewer foods with fat. Try to reach a healthy weight for your height before you get pregnant. Check with your health care provider if you aren't sure what your ideal weight should be.
- Get Immunized: Make sure you have been vaccinated against rubella (German measles) and varicella (chicken pox) before you get pregnant.
- Control Medical Problems: Talk with your health care provider before becoming pregnant if you have a long-term medical problem (like diabetes, high blood pressure, or depression). Most of the time it is better (for you and the baby) to stay on your medications.
- Stop Using Tobacco: Don't use tobacco for your health, the health of people around you, and the health of the unborn baby. Smoking in early pregnancy can increase the risk of miscarriage. Smoking throughout pregnancy can cause the baby to be born at a dangerously low birth weight. Stop using tobacco before you become pregnant.
- Don't drink alcohol while trying to get pregnant or during pregnancy. Drinking alcohol during pregnancy may cause children to have brain damage that would decrease their ability to learn and make good decisions for the rest of their lives.

Alcohol-related birth defects are 100% preventable!